

# Therapeutic Massage and Bodywork Technician

## DP522—DIPLOMA PROGRAM

### DAY/EVENING PROGRAMS

#### **Li** Lincoln, Rhode Island Campus

day . . 33.0 weeks, 720 instructional hours, 38.5 credit hours\*

eve . . 48.0 weeks, 720 instructional hours, 38.5 credit hours\*

\*The listing of credit hours is not meant to imply that credits can be transferred into college or other private career school programs. Transfer credits are at the sole discretion of the receiving school.

#### program objective

The Massage Therapy program is designed to prepare the student with a strong foundation on which to build a successful career as a competent entry-level massage therapist. A well-rounded curriculum offers the student knowledge of the structure and function of the human body blended with hands-on techniques used in therapeutic massage and a variety of specialized modalities. Because of the wide range of opportunities for the graduate, the program also

focuses on the business aspects of a massage practice and the skills necessary for the student to begin a rewarding practice of their own. Graduates will be adequately prepared to begin their role as a successful independent practitioner in the healthcare community, sports clinic or day spa. Upon completion of the program, graduates are encouraged to sit for the National Certification Exam for Therapeutic Massage and Bodywork.

number	course	lecture hours	lab hours	total hours	total credits	prerequisites
BIO103	Anatomy and Physiology for Health Professionals	90	0	90	6.0	
TMB101	Introduction to Asian Bodywork Theory and Shiatsu	45	45	90	4.5	
TMB102	Palpatory Anatomy: Myology	60	30	90	5.0	
TMB103	Clinical Pathology for Massage Therapy	90	0	90	6.0	BIO103
TMB105	Swedish Massage Therapy	30	60	90	4.0	BIO103
TMB110	Deep Tissue and Neuromuscular Therapy	30	60	90	4.0	BIO103, TMB102, TMB105
MEB101	Medical Ethics and Practice Essentials	90	0	90	6.0	
TME100	Clinical Experience	0	90	90	3.0	BIO103, TMB102, TMB103, TMB105, TMB110
TOTALS		435	285	720	38.5	

NOTE: Course numbers listed herein are for reference only. The sequence of course offerings may vary depending upon scheduling needs.



#### LINCOLN RI CAMPUS

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[www.lincolntech.com](http://www.lincolntech.com)

*This program may not be offered at all campuses.*

**LOANS AND GRANTS AVAILABLE TO THOSE WHO QUALIFY**

**BIO103–ANATOMY AND PHYSIOLOGY FOR HEALTH PROFESSIONALS***90 Contact Hrs: 90 Lecture Hrs, 0 Lab Hrs; 6.0 Credits*

This course is designed to introduce the health professional student to medical terminology and anatomy and physiology of the human body. The student will be able to identify and understand word roots, suffixes, and prefixes as it relates to various medical specialties, structures of the body, medical procedures and diseases. Students also learn biological principles, as well as the structural and functional relationships among several organ systems, and practical experience in procedures performed in medical facilities.

**TMB101–INTRODUCTION TO ASIAN BODYWORK THEORY AND SHIATSU***90 Contact Hrs: 45 Lecture Hrs, 45 Lab Hrs; 4.5 Credits*

Introduction to Asian Bodywork Theory provides the specific foundation and context necessary for the practice of Shiatsu, a popular form of Asian bodywork therapy. During this course students will learn the history and cosmology of basic Chinese medical theory, philosophy, specific channels and points, as well as the principles of assessment, patterns of imbalance and organ dysfunction. In addition, the fundamental principles of Qi or energy from ancient and contemporary viewpoints will be covered in detail. Other essential topics such as Yin/Yang and Five Element Theory, the Eight Principles and each of the pathways essential to the Shiatsu treatment process will be emphasized. During this course students will also practice basic point palpation and location necessary for developing the sensitivity and skills for effective hands-on treatment taught in Shiatsu. The student will learn the evolution, history, philosophy and fundamentals of Shiatsu and look at the distinctions among the various shiatsu modalities that are being practiced today. During this course the channels and selected points, as well as the principles of assessment, patterns of imbalance and organ dysfunction reviewed as they relate to the specific techniques, treatment planning and the execution of a Shiatsu treatment. In addition, Shiatsu prepares students to perform a full-body sequence using the fundamentals of body mechanics and proper placement of the body to access the channels. It also includes advanced Shiatsu forms for the specific treatment of the front, back and side channels. The course also provides instruction in specific stretches, transitions and various treatment protocols. Shiatsu students will be introduced to the practice of Shiatsu with hands-on demonstrations and will practice basic point and energy palpation and location to help students develop the sensitivity and skills necessary for effective Shiatsu treatment.

**TMB102–PALPATORY ANATOMY: MYOLOGY***90 Contact Hrs: 60 Lecture Hrs, 30 Lab Hrs; 5.0 Credits*

This course offers an in-depth look at the human muscular system. This course begins with the physiology of muscle tissue and its classification into skeletal, cardiac, and smooth types of tissue. Connective tissue components of skeletal muscle, the nerve and blood supply, the microscopic anatomy of a skeletal muscle fiber, contraction and relaxation of skeletal muscle fibers and muscle metabolism are also discussed. The muscles covered in this course are located in the shoulder, arm, forearm, hand, spine, thorax, head, neck, face, pelvis, thigh, leg and foot. Each muscle's origin, insertion, nerve innervations and functions will be taught in detail. Where appropriate various pathological conditions of muscles and other soft tissues will be discussed. In addition, students will practice physically locating, palpating and demonstrating the actions of these major muscle groups. Also the structure and function of joints and their nerve innervations will be reviewed. Postural considerations and effective positions for performing massage therapy on these muscles will also be covered when appropriate.

**TMB103–CLINICAL PATHOLOGY FOR MASSAGE THERAPY***90 Contact Hrs: 90 Lecture Hrs, 0 Lab Hrs; 6.0 Credits*

This course is an introduction to the study of disease processes of the human body. This course emphasizes

the abnormal health conditions most frequently encountered in a massage therapy practice and gives special attention to massage contraindications, precautions and indications. Clinical Pathology for Massage Therapy covers the major systems of the human body, signs and symptoms of various diseases, indications and extreme cautions of massage therapy for various disorders, and the physiology of the disease process. During this course neoplasms, inflammation and infection, and diseases and disorders of the immune system, musculoskeletal system, blood and blood-forming organs, cardiovascular system, respiratory system, lymphatic system, digestive system, urinary system, endocrine system, nervous system, eyes and ears, reproductive system and integumentary system are covered. Also included are discussions of genetic, developmental, childhood, and mental health disease and disorders. In addition, the symptomatology and etiology of each condition, review of medical approaches to treatment and the potential positive or negative impact of massage therapy on the particular pathology is also discussed. Students will study the principles of disease control and universal precautions; learn symptoms of infectious diseases and how these diseases are transmitted including hepatitis and HIV. During this course students develop the necessary skills to make safe and effective decisions when considering how massage therapy might interact with a client's pathological condition. Scope of practice issues related to disease and when and how to refer to other health care practitioners are also reviewed.

*Prerequisite: BIO103***TMB105–SWEDISH MASSAGE THERAPY***90 Contact Hrs: 30 Lecture Hrs, 60 Lab Hrs; 4.0 Credits*

This course begins with an overview of the history of massage tracing it from ancient to contemporary times. During this course students are presented with the core knowledge underlying touch therapy and are introduced to the specific skills which represent universal and recurring concepts from varied schools of massage and bodywork therapy thought. These foundational touch skills form the basis of all massage therapy and bodywork modalities. In addition, this course presents a unique and easy to comprehend model of the entire field of massage and bodywork therapy including a basic review and analysis of many of the most commonly practiced modalities. The continuum of the Three Paradigms of possible levels of practice will also be studied. This course continues with its primary focus, the hands-on instruction in Swedish massage including emphasis on its effects, benefits, indications and contraindications. During this course students will learn and integrate the basic strokes of Swedish technique into the complete full-body treatment. Techniques for increasing client endurance, strength and concentration, as well as joint movement exercises will also be introduced into the full-body session in order to enhance each treatment's therapeutic value. In addition, instruction in the use of massage oils, lotions and creams, the massage table, and draping and bolstering techniques will be taught. Students will also become familiar with the equipment and products used in a massage practice, proper sanitary and safety procedures, state laws and regulations and professional ethics for massage therapists. Strong emphasis is placed on the importance of students developing coordination, balance, control and stamina for a healthy and long career in the massage therapy profession. Various hand exercises and proper body mechanics are demonstrated and practiced throughout the course.

*Prerequisite: BIO103***TMB110–DEEP TISSUE AND NEUROMUSCULAR THERAPY***90 Contact Hrs: 30 Lecture Hrs, 60 Lab Hrs; 4.0 Credits*

This course continues to build upon the knowledge and practical foundation provided in Fundamentals of Bodywork and Swedish Massage Therapy. Using a variety of advanced techniques, students are taught how to achieve the primary goal of Integrated Deep Tissue Massage which is to help restore balance and harmony to the body through manipulation of the deeper layers of muscle and connective tissue.

The indications, contraindications, limitations and physiological effects of these techniques will be described. During this course students will learn to integrate various massage and bodywork therapy modalities including neuromuscular therapy, Swedish massage, cross fiber, connective tissue techniques, stretching and energy work into numerous integrated deep tissue massage routines for either full body or specific treatment areas and conditions. Reasoning skills in the selection and application of appropriate techniques will be emphasized, as well as evaluation and treatment of postural imbalances including those due to injury and habit. Students will also develop deep tissue palpation skills.

*Prerequisites: BIO103, TMB102, TMB105***MEB101–MEDICAL ETHICS AND PRACTICE ESSENTIALS***90 Contact Hrs: 90 Lecture Hrs, 0 Lab Hrs; 6.0 Credits*

This course combines discussion of the complex issues concerning the ethics of touch with all aspects of operating a massage therapy practice. During this course students will be taught how to maintain the highest ethical and professional standards in their practices and to identify ways they can engage in successful, profitable and ethical practice management. Some of the topics included in this course are defining ethical principles, dual role relationships and understanding boundaries, sex, touch and intimacy, sexual boundaries and ethical conduct in the therapeutic relationship. In addition, students will take an in-depth look at their various career options, beginning and managing a successful practice, connecting with the larger professional community, and identifying professional goals. This course will also review writing a resume, interviewing skills, building a referral network, ethical marketing, effective advertising, public speaking, community service and the legal aspects of clinical practice in relation to current State regulations and laws will be covered. Ultimately this professional growth and development course is designed to help student graduates transition into professional practice with knowledge of ethical practices and good decision making skills.

**TME100–CLINICAL EXPERIENCE***90 Contact Hrs: 0 Lecture Hrs, 90 Lab Hrs; 3.0 Credits*

The goal of the clinical experience is to foster the student's personal and professional development as a massage therapist. The clinic offers the student the unique opportunity to work on a variety of clients with varying conditions under the immediate supervision of a qualified professional. The student will gather a client history, conduct a client interview, identify special needs, explain procedures and professionally drape and position the client in order to perform the appropriate 50 minute massage. At the end of the 50 minute session each client will be given the opportunity to evaluate the student therapist which will enable the student to recognize his/her strengths and weaknesses. Students will also be exposed to common services and procedures offered in a spa setting. Throughout the clinical experience the student will build confidence and master their skills as an entry-level massage therapist. During this time students will also learn CPR, First Aid and AED techniques and have the opportunity to become certified.

*Prerequisites: BIO103, TMB102, TMB103, TMB105, TMB110*